



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 11701, Arrowhead, cooked, boiled, drained, with salt

Report Date: July 04, 2017 19:08 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	77.08	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	78	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Energy	kJ	326	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	4.49	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	2.19	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	16.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
<strong>Minerals</strong>													
Calcium, Ca	mg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Iron, Fe	mg	1.21	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	49	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	197	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	881	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	254	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Zinc, Zn	mg	0.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Copper, Cu	mg	0.135	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Manganese, Mn	mg	0.285	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.144	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	1.160	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.449	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Vitamin B-6	mg	0.206	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Folate, total	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1984
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1984
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984